

COMMON HEALING HERBS



Amalaki

**Central Council for Research in Ayurveda & Siddha
Department of ISM & H,
Ministry of Health and Family Welfare (Govt of India)
New Delhi**

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**Prem Kishore
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Ministry of Health and Family Welfare (Govt of India)
New Delhi

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HEALING HERBS

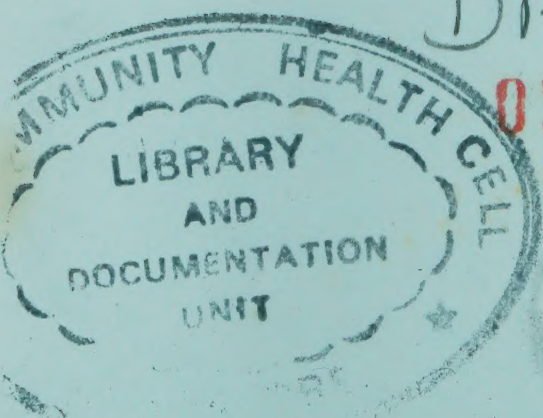
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PREFACE

(Second Revised Edition)

The idea of the development of local herbal formulary was conceived after launching of the Community Health Care Programme of the Council. The first draft booklet entitled "Healing Herbs" in English as well as in Oriya was released on the occasion of the inauguration of the Central Research Institute (Ay.), Bhubaneswar in the month of Dec., 1979. The revised and updated English version of "Common Healing Herbs" was published in the year 1983. Subsequently its Oriya version Roghar Sadharan Banaushadhi was also published. The first Hindi edition of this booklet was published in the year 1987. All these three editions were quite popular and sold out in the Health Melas and exhibitions by C.R.I. (Ay.), Bhubaneswar and Council's Headquarters Office. The second edition of the Oriya version has also been published. This booklet Common Healing Herbs was very well received and has been in great demand by the public at large. Accordingly the second revised edition of this booklet is being published by the Council.

The efforts put by Dr. V.K. Lal, Research Officer (Pharmacognosy) and Shri S.C. Pant, Assistant Research Officer (Botany) in bringing out this publication in a short period is placed on the records.

PREM KISHORE

Director/Chief Editor

PREFACE

(First Edition)

Herbs and other locally available material has been used for relief of various ailments from the earliest times. In fact these practices have gradually developed into a system of Medicine-Ayurveda. The methods and practices of healthful living and herbs for relief of ailments enunciated/discussed in Ayurveda are in vogue in Indian house holds even today. These have more or less become a way of life for our people.

Though certain plants of medicinal importance are utilised for relief of certain ailments but people are generally not aware about the uses of large number of other such plants growing in their surroundings. As such creating awareness, identification and use of medicinal plants growing in the villages have been taken up as an important aspect of Community Health Care Research Programme of Central Council for Research in Ayurveda and Siddha.

In further persuance of the programme, the Institute has initiated a planned study to assess the utilisation of local herbal resources for the primary medicare. The booklet "Common Healing Herbs" has been designed to acquaint the people of the village selected for study to utilise the local herbs for relief of their common ailment. The simple clinical uses of herbs growing in these villages have been compiled from the Ayurvedic literature, folk practices in these areas and also from published scientific research work.

Only such prescriptions, which are considered safe, easy to formulate from local resources and at the same time effective in the treatment of common ailments of the area, have been selected. It is expected that this approach of treatment will further augment use of local herbs for treatment of common diseases in a particular area and help in preserving/propagating the plants of medicinal importance.

We are grateful to the chairman and members of the Technical Committee for their guidance in finalisation of this publication. We are also thankful to the Director, Central Council for Research in Ayurveda and Siddha, New Delhi for appreciation of the work and encouragement and permission for publication of the booklet.

(PREM KISHORE)

Assistance Director In-charge
Central Research Institute (Ay.)
Unit-1, Bhubaneswar-9.

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ABBREVIATIONS

| | |
|-----|-------------|
| g. | Gram(s) |
| H. | Hindi name |
| ml. | Milli-litre |
| L. | Latin name |
| mg. | Milligram |

1. Agasta

L: *Sesbania grandiflora* (L.) Pers. H: Agasta

| | |
|--|--|
| Netraroga Naktandhya Nakulandhya | 14 ml. juice of leaves twice a day. |
| Striroga Svetapradara | Cleaned cloth-piece or gauze soaked with juice of bark for Pichu (local application inside vagina). |
| Vata Vyadhi Sandhigata Vata | Local application of paste of bark and root. |
| Sula | 7-14 ml. juice of fresh leaves or 14-28 ml. decoction of dried leaves with rock-salt and purified Hingu twice a day. |

2. Amalaki

L: *Emblica officinalis* Gaertn. O: Avala, H: Avala

| | |
|----------------------------|--|
| Atisara (Rakta) | 14-28 ml. juice of leaves of Amalaki, Amra and Jambu with goat's milk three time a day. |
| Amlapitta/ Parinamasula | 3-6 g. powdered fruit rind twice a day with milk. |
| Asmari | 14-28 ml. decoction of fruit rind twice a day with 25 g. jaggery. |
| Unmada | External application of 25-50 g. of fruit rind ground in butter milk on the crown of head. |

| | |
|------------------------------------|---|
| Kasa (Jirna) | 12-24 ml. of one part of Amalaki fruit rind cooked in 4 parts of milk and ground, is to be taken with equal quantity of ghee twice a day. |
| Chardi | Fruit preserve (Murabba) as much as possible. |
| Netra Roga Timira | Local application of concentrate of one litre of fruit juice prepared after mixing 50 g. of honey. |
| Prameha | 14-28 ml. fruit juice with 14-28 ml. juice of fresh rhizome of Haridra twice a day. |
| Bala Roga Dugdha Vamana | 1-2 g. powder of decorticated seeds twice daily with honey. |
| Rakta Pitta Trishna | 2-4 g. powder of fruit rind with honey twice a day. Fruit rind fried in ghee for chewing. |
| Palitya | Fruit rind soaked over night in water for application on head for two hours before bath. |
| Khalitya | Application of paste prepared with equal quantity of fruit rind and deserticated seed of Amra. |
| Sitapitta | 1-3 g. powdered fruit rind with ghee tiwce daily. |
| Pradara (Rakta) | 14-28 ml. fruit juice with sugar twice a day. |
| Yonidaha | 7-14 ml. juice of fruits, 1-3 g. powder of Guduchi and sugar 5-10 g. twice a day. |

3. AMRA

L: *Mangifera indica* Linn. H: Ama

| | |
|--------------------------------|--|
| Atisara (Rakta) | 6g. powder of bark with 6g. honey and 100-250 ml. goat's milk three times a day. 14-28 ml. juice from leaves of Amra, Jambu and Amalaki with goat's milk three times a day. |
| Trisna | 7-14 ml. juice of fresh leaves or 14-28 ml. decoction of dried leaves with sugar thrice a day. |
| Daha | Application of pulp of roasted or boiled unripe fruit: |
| Balaroga Atisara | Decoction of decorticated seed and equal quantity of Bilva-fruit pulp, in 7-14 ml. dose thrice a day. |
| Yakritpliha Vridhhi | 10 ml. juice of fruit with honey thrice a day. |

4. Amlika (Chincha)

L : *Tamarindus indica* Linn. H: Imli

| | |
|-----------------------------|--|
| Kasa | 14-28 ml. decoction of leaves with 500 mg. Hingu fried in ghee and 2g. Saindhava. |
| Svarabheda | 1 g. powder of old fruit with honey twice a day. |
| Bala Roga Chardi | 1-2 g. powder of equal parts of its seed, pop of paddy and Saindhava thrice daily. |

Masurika

3-6 g. leaves with 100-250 ml.
cold water thrice a day.

5. Aparajita

L: *Clitoria ternatea* Linn. H: Aparajita

Galaganda

1-3 g. powder of root with ghee
thrice daily.

Charmaroga

Paste of powdered root with
equal quantity of purified
borax to apply locally.

**Parinama Sula
Sotha**

12-24 g. paste of root with
ghee, honey and sugar twice a
day.

Slipada

Paste of root to apply locally.

6. Apamarga

L: *Achyranthes aspera* Linn H: Chirchita

Arsa

25 g. paste of roots made in
rice washings with 250 ml.
goat's milk twice a day.

Visuchika

3-6 g. paste of roots thrice a
day.

7. Aragvadha

L: *Cassia fistula* Linn H: Amaltas

Anaha

5 g. fruit pulp with sugar and
water once a day.

Amavata

12-24 g. leaves fried in ghee
or Sarasapa taila twice a day

| | |
|---------------------|--|
| Kasa (Jirna) | 12-24 g. ghee prepared from the decoction of fruit pulp. |
| Dadru | Lepa of leaves prepared in Kanji. |

8. Ardraka/Sunthi

L: Zingiber officinale Rosc. H: Adarak/Sonth

| | |
|--|--|
| Agnimandya Ajirna, Arocaka, Adhmana | 5 g. with salt or guda twice daily before meal. |
| Karnasula | 2-4 drops of fresh warmed juice to be instilled in the ear. |
| Kasa | 7-14 ml. of fresh juice with equal quantity of honey thrice daily. |
| Pinasa | 5 g. fried in ghee twice a day. 5 g. boiled in 250 ml. of milk for douching nose. |
| Sita Pitta/Sotha | 7-14 ml. juice with 6-12 g. cold jaggery twice a day. |
| Svarabheda | 1-3 g. powder of dry rhizome with honey twice a day. |
| Adhijihvika | Rub fine powder of Sunthi. |
| Grahani Roga | 2 g. powder of dry rhizome thrice a day with warm water. |
| Pandu | 1-3 g. powder of Sunthi with jaggery thrice a day. |
| Katisula | 14-28 ml. decoction of dry rhizome with 7-14 ml. Eranda taila thrice a day. |

Svasa

4-6 g. powder of dry rhizome with old jaggery thrice a day.

Hikka

Fine powder of dry rhizome for Nasya.

9. Arka

L: *Calotropis gigantea* (L.) R. Br. ex Ait. H: Madar

Arsa

Application of latex on piles after cleaning.

**Karna Paka,
Karnasula**

2-4 drops of juice of yellow leaves, expressed after application of ghee and warming twice a day.

Dantasula

Brushing of teeth with stem,

Pama

Sarsapa taila siddha with its latex and Haridra for local application.

**Vatavyadhi
(Manyastambha)**

Wrap the leaves on neck after massage with ghee and foment with milk.

Vrana

Warmed leaves are applied on wounds.

Powder of dried leaves are applied for healing of wounds.

10. Asthi Samhara

L: *Cissus quadrangularis* Linn. H: Hadjoda

Asthi Bhanga

Fry stem in oil and apply on the site of fracture before application of splint/cast.

11. Asvattha

L: *Ficus religiosa* Linn. H: Pipal

| | |
|-------------------------|---|
| Agnidagdha Vrana | Dusting of fine powder of bark on wound. |
| Chardi | Frequent use of liquid obtained by putting 100 g. of burned bark in 1 litre of water. |
| Sula (Udara) | 5-10 gm. fine powder of tender leaves twice a day with milk. |

12. Aswagandha

L: *Withania somnifera* (L.) Dunal H: Asagandh

| | |
|--------------------------------------|---|
| Daurvalya | 1-3 g. powder of root with 1 g. honey followed by 100-250 ml. milk. |
| Dhatukshyaya Sukrakshyaya | 3-6 g. powder of root with 100-250 g. milk and 25-50 g. sugar twice a day. |
| Bhrama | 2-4 g. powder of root with 250 g. milk twice a day. |
| Sandhisula | 3 g. powder of root with 1 g. Sunthi and 3 g. sugar-candy with warm water or warm milk twice a day. |

13. Babbula

L: *Acacia arabica* Willd. H: Babula

| | |
|-----------------|--|
| Upadamsa | Fine powder of leaves for dusting the wound. |
|-----------------|--|

14. Badara

L: Zizyphus jujuba Lam. H: Ber

| | |
|------------------------------|---|
| Kasa (Jirna) | 12-24 g. paste of bark fried in ghee with 1 g. Saindhava thrice daily. |
| Svarabheda | 3 g. of paste of bark and Saindhava fried in ghee is to be taken with honey thrice daily. |
| Chardi | 1 g. powder of root bark with 50-100 ml. rice washing twice a day. |
| Netraroga (Anjananamilka) | Rub leaf on affected part. |
| Pradar (Rakta) | 1-3 g. powder with 5-10 g. jaggery twice a day. |
| Daha | Leaves are made into a paste in Kanji and steamed red, for local application. |

15. Bakula

L: Mimusops elengi Linn. H: Maulsiri

| | |
|---------------------------------|---|
| Netra roga Dristi Daurbalaya | 7-14 ml. leaf juice twice daily with honey. |
| Danta harsa | Massage gums with powdered bark. |

16. Bala

L: *Sida cordifolia* Linn. H: Badiyara

| | |
|--|--|
| Bala Pakshaghata/ Bala Sosa | 2-4 ml. juice of roots twice daily with milk. |
|--|--|

17. Bhringaraja

L: *Eclipta alba* Hassk. H: Bhangrliya

| | |
|--|--|
| Amla Pitta Parinama Sula Rasayana | 14-28 ml. juice of whole plant with milk twice a day. |
|--|--|

| | |
|----------------|--|
| Atisara | 1-2 g. powder of root with water twice a day. |
|----------------|--|

| | |
|-------------|--|
| Kasa | 7-14 ml. juice of whole plant with honey twice a day. |
|-------------|--|

| | |
|----------------|---|
| Palitya | 7-14 ml. juice of whole plant twice a day. |
|----------------|---|

| | |
|---------------|---|
| Svitra | 3-6 g. powder of whole plant fried with ghee in iron-pot twice a day. |
|---------------|---|

18. Bilva

L: *Aegle marmelos* Correa H: Bel

| | |
|-----------------------|---|
| Atisar (Rakta) | 3-6 g. powder of unripe fruit pulp with butter milk thrice daily. |
|-----------------------|---|

| | |
|------------------|---|
| Pravahika | 3 g. powder of fruit pulp and 2 g. of Krisna Tila with cream of curd twice a day. |
|------------------|---|

| | |
|---------------------|---|
| Arsa (Sravi) | 2 g. powdered fruit pulp with 1 g. Sunthi and water twice a day. |
| Prameha | 14-28 ml. leaf juice with honey twice a day. |
| Balatisara | 5-10 ml. decoction of equal parts of fruit pulp and decor- ticated seeds of Amra thrice a day. |
| Sutika jvara | Water processed with fruit pulp to be used for drinking. |

19. Brahmi

L: *Centella asiatica* (Linn.) Urb. H: Brahmi

| | |
|-------------------|--|
| Apasmara | 14-28 ml. juice of whole plant twice a day. |
| Unmada | 14-28 ml. fresh juice of leaves with 100-250 ml. cow's milk twice a day. 1-3 g. powder of whole plant to be taken with 100-250 ml. of cow's milk twice a day. |
| Dhatuksaya | 15 leaves three times a day. |

20. Chakramarda

L: *Cassia tora* Linn. H: Chakavada

| | |
|----------------|--|
| Dadru | Paste of seeds prepared in juice of Mulaka for external applica- tion. |
| Pothaki | Anjana of seeds. |

21. Chitraka

L: *Plumbago zeylanica* Linn. H: Cheeta

| | |
|-------------------------|--|
| Arsa | 1-2 g. powder of root with butter milk thrice daily. |
| Atisara Grahani Roga | 1-2 g. powder of root with butter milk or warm water thrice daily. |
| Kustha | 1-3 g. powder of root with cow's urine thrice daily. |
| Medoroga | 1-2 g. powder of root with honey twice a day. |
| Slipada | Paste of root to apply locally on filarial swelling. |

22. Dadima

L: *Punica granatum* Linn. H: Anar

| | |
|--------------------|--|
| Ajirna Arochaka | 14 ml. juice of fruit, 1 g. black-salt or fried Jiraka powder with honey or sugar to hold inside mouth for sometime. |
| Atisara (Rakta) | 3-6 g. powder of root-bark or fruit-rind with honey thrice daily. 14-28 g. decoction of fruit-rind and Kutaja bark twice a day. |
| Arsa-Rakta | 10 ml. juice of fruit with sugar twice a day. 12 g. powder of fruit-rind with equal quantity of sugar twice a day. |

Upadamsa

Dusting of fine powder of fruit-rind on the Chancre wound.

**Bala Roga
(Raktatisara)**

1-2 g. powder of fruit-rind with honey twice a day.

Raktapitta

7-14 ml. juice of fruit twice a day.

Striroga

14-28 ml. decoction made with its leaves and rose flower twice a day.

23. Dhanya

L: *Oryza sativa* Linn. H: Dhan

Amlapitta

100-200 g. mixture of equal quantity of powder of paddy pop (lajasaktu) sugar and honey twice daily.

Svarabheda

Cook rice 1 part with 1 part jaggery and 4 parts of water and eat this preparation with 1 part of ghee twice a day.

Balatisara

Paddy pop with decoction of root of Bilva and sugar twice a day.

Raktapitta

12-24 g. paddy pop with 4-6 g. honey twice a day.

24. Dhanyaka

L: *Coriandrum sativum* Linn. H: Dhania

Trisna/Daha

14-28 ml. Phanta or Sita of fruits thrice a day.

| | |
|-----------------------|---|
| Mutra Kricchra | 14-28 ml. decoction of fruits and Goksura three times a day. |
| Jvara | 14-28 ml. decoction of fruits and equal quantity of Patola three times a day. |

25. Dhattura

L: Datura metel Linn. H: Dhatura.

| | |
|--------------|--------------------------------|
| Svasa | Inhalation of smoke of leaves. |
|--------------|--------------------------------|

26. Durva

L: Cynodon dactylon (Linn.) Pers. H: Durba

| | |
|---------------------|--|
| Arsa (Sravi) | 7-14 ml. fresh juice thrice daily. |
| Raktapitta | 7-14 ml. fresh juice with honey twice daily. |
| Urdhvaga | 2-4 drops of fresh juice for instillation in nose. |

27. Dusparsa-Brischikali

L: Tragia involucrata Linn. H: Bicchubati

| | |
|----------------|--|
| Slipada | External application of paste of fresh whole plant on filarial swelling. |
|----------------|--|

28. Ela

L: Elettaria cardamomum Maton. H: Ilayachi

| | |
|---------------|--|
| Chardi | 250-500 mg. powder of seeds |
| Hikka | fried in ghee thrice daily with honey. |

Balaroga
Chardi

100 mg. powder of fried seeds
with honey thrice daily.

29. Eranda

L: *Ricinus communis* Linn. H: Renda

**Antarika-
Vidradhi**

Place leaf on affected part and
give fomentation with laddle
(darvi).

Amvata

Fomentation of joints with
warm decoction of roots.

Gandamala

1-3 g. powdered root with
50-100 ml. Gomutra twice a
day.

Gulma

14-28 ml. oil once daily.

Medoroga

4-5 g. ksara of leaves with 1 g.
Hingu and honey twice a day.

Vata Vyadhi
Vata Roga
Paksaghata

7-14 ml. oil twice daily.

Krostukasirsha

12-24 ml. oil with 200 ml. of
cow's milk once a day.

Sandhigata Vata

12-24 ml. oil with warm water
once a day.

Sotha

12-24 ml. oil mixed in gomutra
twice a day.

Sula (Vrikka)

7-14 ml. decoction of roots
twice a day.

Yoni kandu

7-14 ml. oil with 250 ml. cow's
milk twice a day.

30. Gokshuru

L: *Tribulus terrestris* Linn. H: Gokharu

| | |
|-----------------------|--|
| Asmari | 5 g. powder of fruits with honey followed by milk of cow or sheep twice a day. |
| Dhatukshyaya | 7-14 ml. juice of fresh fruit or 14-28 ml. decoction of dried fruit with milk twice a day. |
| Mutra Kricchra | 14-28 ml. decoction of fruit thrice daily. |
| Mutraghata | 3-6 g. powder of fruits with water twice a day. |
| Raktapitta | 100-200 ml. of milk boiled with it's fruits twice a day. |

31. Guduchi

L: *Tinospora cordifolia* (Willd.) Miers. H: Giloya

| | |
|-------------------------|---|
| Kamala | 7-14 ml. fresh juice from stem with honey twice a day. |
| Kustha | 7-14 ml. fresh juice from stem with honey twice a day. |
| Jvara/Rajayaksma | 14-28 ml. decoction of stem with 1 g. Marica three times a day. |
| Trisna | 7-14 ml. juice of stem or 14-28 ml. decoction of stem with 5-10 g. sugar twice a day. |
| Prameha | 14-28 ml. of juice of the stem twice a day with honey. |

| | |
|-----------------|---|
| Vata Rakta | 14-28 ml. decoction of stem with 2 g. Suddha Guggulu twice a day. |
| Vrikka Roga | 14-28 ml. fresh juice of stem twice a day. |
| Pradara (Rakta) | 14-28 ml. juice of leaves with sugar twice a day. |

32. Haridra

L: *Curcuma longa* Linn. H: Haldi

| | |
|------------|--|
| Karna paka | 2-4 drops of oil prepared from 1 part of fresh juice of rhizome of Haridra and 4 parts of mustard oil for instillation in ear twice daily. |
| Kustha | 12-24 g. paste of rhizome with 50-100 ml. cow's urine twice a day. |
| Arunsika | Paste of powder of rhizome in mustard oil for local application. |
| Dadru | 1 gm. powder of rhizome with 100 ml. gomutra thrice daily. |
| Prameha | 14-28 ml. fresh juice with 14-28 ml. juice of Amalaki thrice a day. |
| Balaroga | 1/2 to 1 g. powder of fried rhizome with honey twice a day. |
| Masurika | 3-6 g. powdered leaf with 100-250 ml. cold water thrice a day. |

Slipada

3-6 g. powder of rhizome with
6 g. guda and 7-10 ml. gomutra
twice a day.

33. Haritaki

L: Terminalia chebula Retz. H: Harad

Agnimandya

3 g. powder of fruit-rind with
jaggery or salt twice a day
before meals.

Ajrna

1-3 g. powder of fruit pulp
with equal amount of sugar
twice a day before meals.

Arsa
(Sravi)

1-3 g. powder of fruit-rind with
50 ml. luke warm water twice
a day.

Anaha

5 g. powder of fruit with 1/2
gm. salt at bed time.

Chardi

1-3 g. powder of fruit-rind with
4-6 g. honey thrice daily.

Panduroga

1-3 g. powder of fruit-rind with
jaggery twice a day.

34. Hingu

L: Ferula narthex Boiss. H: Hing

Kamala

Rub with clean water and apply
as Anjana in eyes.

Dantaroga
Krimidanta

Keep fried Hingu pressed near
caries tooth.

Bala roga
Udara Sula

Stir and dissolve in water and
apply on umblicus.

Sula-Amaja

1g Hingu fried in ghee with Jaggery twice a day.

Pittasmarijanya

1-3 g. of Hingu fried in ghee and mixed with Saurvachal salt with warm water thrice day.

35. Jambu

L: *Syzygium cumini* (Linn.) Skeels H: Jamun

Agnidagdha

Local application of taila prepared from 1 part of Jambu leaves and 5 parts of mustard oil.

Atisara (Rakta)

7-14 ml. juice of leaves in combination with leaves of Amra and Amalaki with goat milk three times a day.

Trisna

7-14 ml. juice of leaves or 14-28 ml. decoction of dry leaves with sugar thrice daily.

Prameha

Madhumeha

1-2 g. powder of seeds twice a day.

36. Japa

L: *Hibiscus rosa-sinensis* L. H: Gudhala

Striroga

Kastartava

6-12 g. paste of fruit with Kanji twice a day.

Rakta Pradara

5-10 g. paste of buds with milk twice a day.

37. Jiraka

L: *Cuminum cyminum* L. H: Jira

| | |
|----------------------|---|
| Ajirna Sula | 3-6 g. powder of fried Jiraka and rock-salt with warm water thrice daily. |
| Atisara | 1-2 g. powder of fried Jiraka with 250 ml. butter milk four times daily. |
| Amlapitta | 12-24 g. ghee boiled with Jiraka and Dhanyaka twice a day. |
| Vishama Jwara | 1-3 g. powder of seeds with jaggery twice a day. |

38. Kadali

L: *Musa paradisiaca* Linn. H: Kela

| | |
|------------------------|--|
| Karnasula | 2-4 drops of fresh juice from stem is warmed and used as ear drops, twice daily. |
| Masurika | 1-2 g. powdered seeds with 100-250 ml. water thrice a day. |
| Pradara (Rakta) | 50-100 g. paste of fresh green fruit with guda twice daily. |
| Hikka | 7-14 ml. juice of roots with sugar twice daily. |

39. Kamala

L: *Nelumbo nucifera* Gaertn. H: Kamala

| | |
|---------------------|--|
| Arsa (Sravi) | 5 g. Kesara with 5 g. butter once daily. |
|---------------------|--|

Kasa (Ardra)

1-3 g. powdered seeds with honey twice a day.

40. Kapittha

L: *Limonia acidissima* L. H: Kaith

Atisara

3-6 g. powder of tender leaves of Kapittha and Amra twice a day.

Karna Roga
Karna Sula

3-4 drops luke warm juice of the fruits to be instilled in the ear twice a day.

Grahani Roga
Asmari

7-14 ml. juice of tender leaves twice a day.

Netraroga
Divandhya

Powder of leaves and flower-stalk with honey for Anjana twice daily.

41. Karanja

L: *Pongamia pinnata* (Linn.) Merr. H: Karanj

Charmaroga
Pama, Kandu

Oil of seeds apply locally.

Svitra

Karanja seeds and root of Arka made paste with water for local application once daily.

42. Karavira

L: *Nerium indicum* Linn. H: Kanera

Kustha

Massage of equal quantity of decoction of stem bark and mustard oil.

Pama

Local application of mustard oil
processed with leaves.

43. Katuki

L: *Picrorrhiza kurroa* Royle ex Benth. H: Kutki

Udara Roga
Yakritdalyudara
Plihodara

1 g. powder of root with water
thrice daily. In case of child
500 mg. powder with sugar
thrice daily.

Charmaroga
Medoroga

1-3 g. powder of root with
water twice daily.

Jvara
Kamala

Decoction of 1 g. Katuki and
5 g. Chirayata with 10 g. sugar-
candy twice daily.

Hikka

120-250 mg. powder of equal
parts of Katuki and Swarna
Gairika with 6 g. honey 2-3
times a day.

44. Kanchanara

L: *Bauhinia variegata* Linn. H: Kanchanara

Galaganda

14-28 ml. decoction of stem
bark thrice daily.

14-28 g. paste of stem bark
with 25-100 ml. rice washing
thrice daily.

45. Karavellaka

L: *Momordica charantia* L. H: Karela

Arochaka

14-28 ml. juice of fruit twice
daily.

Ajirna

50-100 ml. decoction of leaves
twice daily.

Prameha

1-3 g. powder of seeds with
water thrice daily.

46. Kasamarda

L: *Cassia occidentalis* Linn. H: Kasaundi

Pama

Apply paste of seeds made with
sour curd on affected part.

47. Kokilaksha

L: *Astercantha longifolia* Nees H: Makhana

Dhatukshaya

3-6 g. mixture of seeds with
sugar with freshly milched
cow's milk twice a day

Sula

Pittasmarijanya

1-3 g. Ksara twice daily with
warm water.

48. Kulattha

L: *Dolichos biflorus* L. H: Kulathi

Asmari

40-80 g. powder of seeds twice
daily.

Mutra

Kricchra

Striroga

Kastartava

14-28 ml. decoction of seeds
thrice daily.

Gulma

Arsa

Amavata

50-100 ml. Dal soup thrice
daily.

49. Kumari

L: Aloe barbadensis Mill. H: Guarpatha

| | |
|--------------------------------------|---|
| Agnidagdha | Fresh juice to be applied locally. |
| Yakridalyudara/ Plihodara | 14-28 ml. fresh juice with 1-3 g. of powdered whole plant of Sarpunkha twice daily. |

50. Kusmanda

L: Benincasa hispida (Thunb.) Cogn. H: Kohara

| | |
|--|---|
| Apasmara | 7-14 ml. fresh juice of fruit with 3 g. Yastimadhu powder twice daily. |
| Amlapitta Daha Rakta pitta Annadrava & Parinamasula | 10-20 ml. juice of fruit-pulp with 10 g. sugar-candy 2-3 times a day. |
| Asthila Mutra Kricchra | 56 ml. juice of fruit-pulp with 5g. Yavakshara and 25 g. sugar twice a day. |

51. Kantakari

L: Solanum surattense Burm. f. H: Bhatkataiya

| | |
|------------------------|--|
| Kasa | 14-28 ml. decoction of whole plant with 100 mg. Pippali twice a day. |
| Balaroga (Kasa) | 0.2-0.5 g. Pushpakesara with honey twice daily. |
| Mutrakricchra | 14-28 ml. fresh juice of fruit with honey twice daily. |

Svasa

7-14 ml. fresh juice of whole plant twice a day.

1-3 g. powder of whole plant with honey twice a day.

52. Kutaja

L: *Holarrhena antidysenterica* Wall. H: Koraya

**Atisara
(Rakta)**

3-6 g. powder of root bark or seed (Indrajava) 3-4 times daily with butter milk.

100-250 ml. milk processed with stem bark twice daily.

Jvara

14-28 ml. decoction of seeds and Patola twice daily.

Balatisara

1/2 to 2 g. powdered seeds two to three times a day.

53. Lajjalu

L: *Mimosa pudica* Linn. H: Chhuimui

Rakta Pradara

25 ml. decoction of whole plant with milk twice daily.

54. Lata Karanja

L: *Caesalpinia crista* L. H: Kantaki Karanja

Krimi

2-4 g. powder of seeds with warm water twice daily.

Yuvana Pidika

Rub seeds with milk and apply locally on acne.

**Vishama Jvara
Slipada Jvara**

3-6 g. powder of seeds with water twice daily.

55. Lavanga

L: *Syzygium aromaticum* (L.) Merr. & L.M. Perry

H: Laung

| | |
|------------------------------|--|
| Kasa | Chew frequently. |
| Balaroga Kasa | 125 mg. powder of fried Lavanga with honey twice daily. |
| Visuchika | Repeatedly drink water soaked with Lavanga. |
| Stri-Roga Garbhini Chardi | 1-4 g. Lavanga powder with 14-28 ml. sharbat of sugar twice daily. |

56. Maricha

L: *Piper nigrum* Linn. H: Maricha

| | |
|------------------------------------|---|
| Apasmara | Put a little quantity of fine powder of seeds in nose during attack. |
| Kasa | 1 g. powder of seeds with ghee and honey twice daily. |
| Charma Roga Pama Vicharchika | Powder of seeds with mustard oil for local application. |
| Pravahika | 250 ml. goat milk boiled with 4 g. seeds of Maricha and 2 g. sugar twice daily. |
| Svarabheda | 1-2 g. powder of seeds fried with ghee twice daily. |
| Hikka | 1-2 g. powder of seeds with sugar twice daily. |

57. Mehandi

L: *Lawsonia inermis* Linn. H: Mehandi

Kamala

7-14 ml. juice of roots with 50-100 ml. liquid of rice washing thrice daily.

58. Methika

L: *Trigonella foenum-graecum* Linn. H: Methi.

**Pradara
(Striroga)**

3-6 g. of powder of seeds and 6-12 g. of sugar candy twice daily with 50-100 ml. of freshly milched cow's milk twice daily.

59. Mulaka

L: *Raphanus sativus* Linn. H: Muli

Karnasula

2-4 drops of fresh juice of roots to be instilled in the ear twice or thrice a day.

**Balayakrit-
Plihavridhi**

3-6 ml. of fresh juice with 1/4 to 1/2 g. Yavaksara and honey twice a day.

60. Musali

L: *Asparagus adscedense* Roxb. H: Mushali

Dhatu Kshaya

3-6 powder of equal parts of Musali and Salmali root with 5-10 g. sugar and 5 g. ghee thrice daily.

Mutraghata

14-28 ml. decoction of Musali with 5 ml. milk thrice daily.

Sukralpata
Napumsakata

3-6 g. powder of Musali with equal quantity of sugar-candy and 100 ml. milk twice daily.

61. Mustaka

L: *Cyperus rotundus* Linn. H: Motha

Atisara
(Rakta)

5 g. powder of tuber to be taken with Butter milk 3-4 times a day.

62. Narikela

L: *Cocos nucifera* Linn. H: Nariyala

Amlapitta/
Parinamasula

100-500 ml. water obtained from green fruit twice a day.

Asmari

12 g. flower bruished in water to be taken with 05 g. Yavak-sara.

Jalodara

Fluid of green coconut in as much as quantity as patient can take.

Unmada

100 ml. fluid of green coconut twice a day with water.

Trisna Daha

Plenty of water of tender fruit.

Visuchika

Narikela Jala in small quantity for quenching thirst.

Sula
(Amaja)

1 g. Narikela ksara twice a day.

63. Nimbu

L: Citrus limon (Linn.) Burm. f. H: Nibu

**Agnimandhya/
Ajirna, Arocaka**

7-14 ml. juice of fruits 3 times a day after meals.

Suck half of Nimbu after sprinkling salt and Marica and heating, 2-3 times a day.

Kamala

12-24 ml. juice of fruit twice a day.

Chardi

Syrup of sugar in water with lemon juice.

Vatakantaka

Cut Nimbu in two halves. Warm in sauce pan and foment ankle joints.

Visuchika

Juice of fruits in water for quenching thirst.

**Sula
(Amaja)**

7-14 ml. fruit juice with 1 g. Yavaksara thrice daily.

**Sula
(Vrikka)**

1 g. powdered root with water twice a day.

64. Nimba

L: Azadirachta indica A. Juss. H: Nim

Kamala

12-24 ml. juice of leaves of with honey twice a day.

Kustha

1-3 g. powder of equal parts of leaf, flower, stem, bark, fruit and root of Nimba twice daily.

**Vatavtadhi
(Vataroga) Visvaci**

7-14 ml. juice of leaves twice daily.

| | |
|-----------------------------|---|
| Vrana sotha | Hot application of paste of leaves in Tila taila. Local application of its oil promotes healing (Ropana). |
| Sita pitta | 1-3 g. powdered leaves with honey. |
| Sula-Pittaja | 7-14 ml. juice of leaves twice a day. |
| Yoni Daha/ Kandu | Oil used for tampons (Picu). 6-12 g. tender leaves with water twice daily. |
| Daha | Local application of paste of leaves prepared in kanji and stirred. |

65. Nirgundi

L: Vitex negundo Linn. H: Meudi

| | |
|---------------------------------|--|
| Apasmara | Instil 5-10 drops of juice of roots in nose at the time of attack. |
| Galaganda | 14-28 ml. juice of leaves thrice a day. Nasal drops of roots contused in water. |
| Jvara | 14-28 ml. decoction of leaves with honey thrice a day. |
| Visama Jvara | 14-28 ml. juice of leaves with honey thrice a day. |
| Vatavyadhi Gridhrasi | 14-28 ml. decoction of leaves thrice daily. |
| Arunsika | Wash the head with decoction of leaves. |

Snayuka

100 ml. fresh juice of leaves
for three days.

66. Paribhadra

L: *Erythrina veriegata* Linn. H: Farahad

Krimi

7-14 ml. juice of leaves with
honey twice daily 10-20 g. of
jaggery should be given 1/2
hour before taking the juice.

67. Parijata

L: *Nyctanthes arbortristis* Linn. H: Harasingara

Adhijihvika

Bleed by leaf and apply Yavak-
sara.

**Jvara/Visama-Jvara
(Jvara)**

14-28 ml. leaf juice with honey
twice a day.

68. Pashanabheda

L: *Kalanchoe pinnata* Pers. H: Patharchura

Atisara

7-14 ml. juice of leaves with
honey thrice daily.

69. Pippali

L: *Piper longum* Linn. H: Pippali

Agnimandaya

1 g. powder of fruit and 2 g.
salt with lemon juice after
meals twice daily.

**Atisara
(Amayukta)**

Mix 5 g. powder of fruit in 1
litre butter-milk and divide
equally in to 4 parts. Take 1
part 6 hourly.

Kasa (Kasa) 2 g. powder of fruit with honey
Jwara-Kaphaja twice daily.

Kasa-Suska 60 mg. powder of fruit and
120 mg. Saindhava (rock-salt)
with warm water twice daily.

Kasa-Kshayaja 2 g. powder of Pippali with
12-24 g. ghee and 250 ml. milk
thrice daily.

Dantavesta Decoction of Pippali with ghee
and honey to keep inside
mouth as Kavala.

70. Punarnava

L: Boerhavia diffusa Linn. H: Gadahpurna

Jalodara/Sotha 14-28 ml. fresh juice of roots
twice a day.
14-28 ml. decoction of roots
with 2 g. powdered root twice
a day.

Dristidaurbalya Anjana of roots in ghee for
application in eyes.

71. Palandu

L: Allium cepa Linn. H: Piyaja

Apasmara 5-10 drops of juice to be
instilled in the nose at the time
of attack.

Visuchika 7-14 ml. juice with 1 g. Marica
and 1 g. Saindhava thrice a day.

72. Rasona

L: *Allium sativum* Linn. H: Lahasuna

| | |
|----------------------------|--|
| Apasmara and Raktachapa | 1 g. paste of bulb of Rasona with 5 ml. Tila taila twice daily. |
| Karna sula | 2-4 drops of warmed fresh juice for instillation in ear twice a day. |
| Gulma | 6 ml. juice of bulb with 5-10 g. honey twice a day. |
| Visam Jvara | 6-12 g. paste of bulb of Rasona with 1 g. Saindhava and 6-12 ml. Tila taila. |
| Bala roga Kasa | A segment of bulb of Rasona boiled in water is to be taken with 5-10 g. sugar. |
| Bhrama | 5-10 g. paste of bulb with Ardraka thrice a day. |
| Vata vyadhi | 4 g. paste of bulb with 12 g. butter twice a day. |
| Ardita | 6-12 g. paste of bulb fried in ghee twice a day. |
| Sandhigata vata | 12-24 g. paste of bulb with water twice daily. |
| Hanustambha | 6-12 g. paste of bulb of Rasona with 1 g. Saindhava and 6-12 ml. Tila taila twice a day. |

73. Rajika

L: *Brassia juncea* (L.) Czern. & Coss. H: Rai

| | |
|-------------|---|
| Pravahika | 2 g. powder of Rajika seeds, 3 g. Bilwa pulp with curd 2-3 times a day. |
| Udara Sula | 3 g. powder of seeds with luke-warm water 2-3 times a day. |
| Sandhivata | Seeds made paste with cold water to apply locally on affected part. Remove when there is burning sensation. |
| Vrana Sotha | Paste of seeds to apply locally. |

74. Saptaparna

L: *Alstonia scholaris* R.Br. H: Saptaparna

| | |
|---------------|--|
| Krimi | 3-6 g. powder of bark or 20 ml. decoction of bark twice daily. |
| Vishama Jwara | |
| Charmaroga | |
| Vranasotha | Bark made paste with water to apply locally. |

75. Satapuspa

L: *Foeniculum vulgare* L. H: Saunf

| | |
|------------|--|
| Atisara | 3-6 g. powder of seeds with butter-milk twice daily. |
| Pravahika | |
| Udara Sula | 3-6 g. powder of seeds and 2 g. Saindhava (rock-salt) with water thrice daily. |

Agnimandya

Soak 25 g. seeds in 250 ml. water for 2 hours. Filter and use the macerate at short intervals.

**Amlapitta
Daha**

3-6 g. powder of seeds with water or green-coconut water twice daily.

Sirosula

Make paste with Satapuspa and sandal-wood to apply locally.

76. Satavari

L: *Asparagus recemosus* Willd. H: Satavari

Apasmara

12 g. powdered root with 100-250 ml. milk, twice daily.

Parinamasula

14-28 ml. fresh juice of roots twice a day with honey.

3-6 g. powder of roots twice a day with 100 ml. milk.

Jvara

6 ml. juice of roots with 6 ml. stem juice of Guduchi and Guda twice a day.

Prameha

25 g. powder with 250 ml. milk twice a day.

**Netra roga
Abhisyanda**

100-250 ml. milk processed with 12-24 g. dry roots is to be taken with 7 ml. Ardraka svarasa twice a day.

Rakta pitta

100-200 ml. milk processed with 12-24 g. dry roots and Gokshura twice a day.

77. Salmali

L: *Salmaalial malabarica* (DC.) Sch. H: Semala

Yuvan-Pidika

Local application of paste of thorns prepared in milk twice a day.

78. Sarpunkha

L: *Tephrosia purpurea* Linn. H: Sarfonka

**Yakritodosa/
Plihadosa**

14-28 ml. fresh juice of whole plant twice daily.

1-3 g. powder of whole plant with 100 ml. milk or 14-28 ml. fresh juice of Ghrita Kumari twice a day.

**Balayakrit
Plihavidhi**

1 to 2 g. paste of root with butter milk twice daily.

79. Shankhampuspi

L: *Convolvulus pluricaulis* Choisy. H: Sankhahuli

Unmada

12-24 g. paste of whole plant with milk twice daily.

**Bhrama
Raktachapa**

2-4 g. powder of whole plant thrice daily.

80. Sirisa

L: *Albizzia lebbeck* Benth. H: Sirisa

Jvara Granthika

14-28 ml. decoction of bark thrice a day.

**Siroroga
(Arthavabhedhaka)**

Avapidana Nasya of juice of fruit and root.

Visama Jvara

Leaf juice for Nasya with Haridra powder.

81. Sobhanjana

L: Moringa oleifera Lam. H: Sahijana

Vidradhi

25 ml. juice of roots with 1 gm. honey twice a day.
14-28 ml. decoction of bark with Hingu and Saindhava twice daily.

Karnasula

2-4 drops of fresh warmed juice from seeds twice daily.
2-4 drops of oil prepared from 4 parts of fresh juice from stem bark and 1 part of mustard oil twice daily.

Krimi

1-2 g. powder of seed with water twice daily.

Dadru

Application of paste of bark in juice of Mulaka (radish).

Visarpa

Hot application of paste of bark.

Visphota

Hot application of paste of bark alongwith paste of bark of Udumbar and Jambu on affected part.

**Vrisana Vridhi
(Sotha)**

Paste of stem bark with mustard seed for local application.

Sula (Amaja)

14-28 ml. decoction of bark with 1 g. fried Hingu and 1 gm. Yavaksara twice a day.

Snayuka

Application of paste of roots
with Saindhava locally.

82. Sphatika

E: Alum H: Phitkiri

**Karnaroga
KarnaSula**

Dissolve 120 mg. powder of
Sphatika in water and use as
ear drops, twice daily.

**Galaroga
Galayu**

Dissolve 600 mg. Sphatika in
100 ml. warm water and gargle
twice daily.

83. Sunnisananaka

L: Marsilea minuta Linn. H: Sunsunia Saka

**Bhrama/
Nidranasha**

7-14 ml. juice of whole plant
twice daily with 50-100 ml.
milk.

84. Surana

L: Amorphophallus campanulatus (Roxb.) Blume
H: Surana

Arsa

12-25 gm. tuber cooked in fire
with mustard oil and Saindhava
twice daily.

85. Tala

L: Borassus flabellifer L. H: Tada

**Unmada
Marcha
Pralapa**

14-28 ml. juice of leaves twice
daily.

86. Talisha

L: *Abies webbiana* L. H: Talisa

| | |
|-------------|--|
| Arochaka | 3 g. powder of leaves with 3 g. sugar-candy twice daily. |
| Kasa | |
| Svarsa | |
| Svarabheda | |
| Jvara | Rub leaves of Talisha and sandal-wood to apply locally. |
| Pratishyaya | |
| Siro Sula | |

87. Tambula

L: *Piper betle* L. H: Pan

| | |
|-------------|--|
| Netraroga | Juice of leaves with honey as Anjana. |
| Naktandhya | |
| Balaroga | Apply Eranda oil on leaves make slightly warm and put as bandage on chest. |
| Pratishyaya | |
| Slipada | Paste of 3 leaves and 1 g. Saindhava (rock-salt) with warm water thrice daily. |

88. Tankana

E: Borax. H: Suhaga

| | |
|---------------|--|
| Karnaroga | 120-250 mg. powder of purified borax to put into the ears 2-3 times a day. |
| Karnasrava | |
| Charmaroga | Local application of purified borax powder with oil. |
| Yuvana Pidika | |
| Bala Roga | 120-250 mg. purified borax with honey 2-3 times a day. |
| Kasa | |
| Svasa | |

89. Tila

L: *Sesamum indicum* Linn. H: Tila

| | |
|---|---|
| Agnidagdha | Oil of seeds with equal amount of coconut oil for local application. |
| Atisara (Rakta) | Mix black Tila and sugar in the proportion of 4:1 and take 3-6 g. with goat-milk thrice daily. |
| Arsa | 3-6 g. powder of Tila with equal quantity of butter thrice daily. |
| Asmari Mutra Kricchra | 1-3 g. Ksara made from the stem with butter-milk twice daily. |
| Amavata | 3-6 g. paste of Tila and Sunthi twice daily. |
| Udara Roga Vatodara | Foment the abdomen after applying Tila taila. |
| Gulma | 8 g. black Tila taila, 2 g. Sunthi and 4 g. jaggery with warm milk thrice daily. |
| Chippa Kunakha Pravahika | Made poultice with 12 g. oil and 12 g. Haridra. 6-12 g. paste of Tila and unripe Bilwa pulp twice daily. |
| Balaroga Arsa-Rakta | Powder of black Tila with goat-milk thrice daily. |
| Bhagandara | 12-24 g. black Tila with milk thrice daily. |

Vata Vyadhi
Khanja Vata

Massage legs with Tila taila and put in luke warm water for 1 hour.

Striroga
Nastartava

6-12 g. black Tila with jaggery twice daily.

Kastartava

12-28 ml. decoction of seeds with 1 g. Maricha powder thrice daily.

Yoni Vyapat

6 g. powder of seeds with warm water twice daily.

90. Tulasi

L: *Ocimum sanctum* Linn. H: Tulasi

Kasa

7-14 ml. fresh juice of leaf with honey twice a day.

Masurika

7-14 ml. of fresh juice with honey twice a day.

91. Tvak

L: *Cinnamomum zeylanicum* Blume H: Dalchini

Agnimandya

2-4 g. powder of bark with water twice a day.

Arochaka

2-4 g. powder of equal parts of Dalchini and Yavani for chewing thrice daily.

Kasa

2-4 g. powder of bark with honey twice a day.

Chardi

1-3 g. powder of equal parts of Dalchini and Tamala patra with honey twice a day.

Parigarbhika

2-3 g. powder of equal parts of Dalchini and fruit-rind of Haritaki thrice daily.

Musaka Visa

Luta Visa

2-4 g. powder of equal parts of Dalchini and Sunthi thrice a day.

92. Udumbara

L: *Ficus racemosa* L.

Ficus hispida Linn. f.

H: Gular

Kathgular

Trisna

7-14 ml. fresh juice of leaves of 14-28 ml. decoction of leaves with sugar twice daily.

Dhatu ksaya

7-14 ml. fresh juice of leaves twice daily.

**Netra roga
(Naktandhya)**

Solidified decoction of leaves for Anjana twice daily.

Rakta pitta

7-14 ml. juice of fruits with honey twice daily.

**Vrisana Vridhi
and Sotha**

3-6 g. ksara mixed with juice of leaf of Sambhalu twice daily.

Svitra

5-10 ml. juice of fruits of Kakodumbara with jaggery twice daily.

93. Ushira

L: *Vetiveria zizanioides* (L) Nash H: Khasa

Timira

12-24 g. ghee siddha with roots alongwith roots of Haridra twice daily.

94. Vamsha

L: Bambusa bambos Druce H: Bams

Dhatu Kshaya
Daurvalya

1-2 g. powder of Vamsalochana
with honey twice daily.

Stri-roga
Kastartava

14-28 ml. decoction of stem
thrice day.

Na Startava

95. Varuna

L: Crataeva nurvala Buch. Ham. H: Varuna

Asmari
Asthila

14-28 ml. decoction of bark
with 3-6 g. powder of bark
twice daily.

Galaganda
Vrana Sotha
Vrikka-roga

14-28 ml. decoction of bark
thrice daily.

96. Vasa

L: Justicia adhatoda Linn. H: Adusa

Kasa/Jvara
Rajayaksma

14-28 ml. juice of leaves with
honey or jaggery thrice daily.

Balaroga (Kasa)

1/2-1 g. powder of dry flowers
with honey or jaggery thrice
daily.

Urah Ksata

7-14 ml. of juice of leaves with
4-6 g. honey twice daily.

1-3 g. powder of leaves twice
daily.

Rakta pitta

12-24 g. ghee prepared from
decoction of whole plant and
paste of flowers twice daily.

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| | 7-14 ml. juice with honey and sugar twice daily (Rakta vama) |
| Pradara Rakta | 14-28 ml. juice of leaves with honey twice a day. |
| Pama/Kachhu | Paste of tender leaves with Haridra and gomutra for local application. |

97. Vata

L: *Ficus benghalensis* Linn. H: Bad

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|------------------------|---|
| Atisara (Rakta) | 3-6 g. paste of shoots to be taken with rice washings thrice daily. |
| Rakta pitta | 3-6 g. paste of tender leaves contused in milk thrice a day. |

98. Vridhadaruka

L: *Argyreia speciosa* Sw. H: Vidhara

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| Vidrodhi Vrana | Apply Eranda taila on its leaf, make slightly warm and tie on the affected part so that the boil or abscess will rupture and pus will be eliminated. |
| Sukralpata | 1-2 g. powder of seeds with 5 g. ghee twice daily. |
| Slipada | 2-4 g. powder of seeds with 7-14 ml. cow's urine twice daily. |

* (Before applying the seeds as medicine get it purified by soaking in Apamarga juice or salt water and then dry it in sunshine)

99. Yastimadhu

L: Glycyrrhiza glabra L. H: Mulethi

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| Kasa | 3 g. powder of root with honey twice daily. |
| Dhatu kshaya | 3 g. powder of root with 3 g. ghee and 2 g. honey thrice daily. |
| Vranasotha | Use the root with ghee as lepa on the affected part. |
| Visarpa | Spray water boiled with its root on the affected part. |
| Rakta Pradara | 3-6 g. of powder of root and sugar in equal parts with rice-washings twice daily. |
| Svarabheda | 3 g. powder of root with 250 ml. milk twice daily and chew the root several times. |
| Hikka | Take Nasya with powder of its root. |

100. Yavani

L: Trachyspermum ammi (L.) Sprague H: Ajavain

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| Arsa | 1 g. powder of seeds and 1 g. black-salt with butter-milk twice daily. |
| Stri-roga Kastartava | 3 g. powder of seeds with milk twice daily. |
| Sitapitta | 3-6 g. powder of seeds with water twice daily. |

Meaning/definition of certain classical terms

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| Anjana: | Preparations for external application over eyes. |
| Bhavana: | The process of triturating powdered drug with juice/extract/cold infusion of same or other drug(s) till the powder becomes completely dry. |
| Churna: | Fine powder of the drug prepared by grinding and sieving through cloth. |
| Kalka: | Paste prepared by grinding fresh or dry drug with water. |
| Kanji: | Keep starchy water separated from cooked rice in a covered container for three to four days to allow fermentation. Filter and again keep for two to three days to be used on sixth day, |
| Kavala: | With-holding of medicated liquids in the mouth for specified time. |
| Ksara: | It is dried water soluble ash. For its preparation stir ash of the drug with six parts of water and allowing to stand overnight. Filter it to remove water insoluble ash. Filter the liquid, so obtained, twenty one times till it becomes clear. Evaporate at low temperature and dry the solid mass (ksara) so obtained. |

Ksirapaka:

Boil the drug with eight parts of milk and thirty two parts of water at low temperature till volume is reduced to eight parts, filter and use the filtrate.

Kvatha:

Boil coarsely powdered drug with four/eight/sixteen parts of water in case of soft/medium hard/hard drugs respectively, till volume is reduced to one fourth, filter and use the filtrate (extract).

Lepa:

Prepared by grinding the drug with its expressed juice/water/curd/milk/ghee etc. till a homogeneous paste is formed.

Manda:

The starchy liquid obtained after cooking the rice with fourteen parts of water.

Nasya:

Drugs used for nasal application.

Panchanga:

Whole plant consisting of root, stem, leaf, flower and fruit.

Phant:

Decoction prepared by pouring boiling water (four times by weight of drug) over the drug and filtered when cool.

Putapaka:

Subjecting sealed earthen vessel containing drug to a high temperature.

Satva:

Crush fresh drug and add four parts, by its weight, of water, shake vigorously and allow to settle. Filter the supernatant

liquid and evaporate at low temperature to get dry water soluble material (Satva).

Siddha Ghrta:

Prepared kvath of the drug (as mentioned earlier), add equal quantity of ghee and cook at low temperature till water is completely removed.

Siddha Taila:

As above, except use oil in place of ghee.

Sitakasaya:

Prepare coarse powder of the drug, add water upto its level and keep overnight. Filter the extract before use.

Swarasa:

Extract juice of fresh plant by crushing and squeezing.

Takra:

Butter milk prepared by stirring curd with water and removing butter.

Upnah:

Poultice prepared by grinding linseed, barley, wheat or turmeric etc. with water/ milk/ kanji (as mentioned earlier)/ cow's urine etc. and warmed with a little ghee or oil before application.

Yusa:

Mix one part of drug, four parts of pulse (Moong Dal) with eight parts of water and boil slowly till volume is reduced to half. Filter and use the filtrate.

Name of Diseases in Ayurvedic and English terms with Clinical Features

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| 1. Adhijihvika (Uvulitis) | Red swelling of uvula situated at the root of tongue. |
| 2. Adhmana (Tympanitis) | Gaseous distention of abdomen with pain. |
| 3. Angidagdha (Burn/Scalds) | Redness, pain, swelling & blister formations of affected part due to injury caused by heat. |
| 4. Agnimandya (Dyspepsia) | Indigestion diminished appetite, distaste, salivation, sour eructation and heaviness of abdomen. |
| 5. Ajirna (Indigestion) | Indigestion, heaviness of body, gas formation, constipation or loose motions. |
| 6. Amavata (Rheumatoid arthritis) | Painful swelling of one or more joints specially symmetrical joint involvement, loss of appetite, indigestion, fever, bodyache, constipation. |
| 7. Amlapitta (Hyperacidity) | Acid/bitter eructation and/or taste, burning in abdomen, chest and throat, indigestion, constipation. |
| 8. Anaha (Constipation) | Retention of faeces and gases, discomfort in abdomen. |
| 9. Annadrava Sula (Gastric Ulcer) | Pain in abdomen after food, acid eructation, epigastric burn, vomiting etc. |

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| <p>10. Antarika Vidradhi (Internal Abscess)</p> | <p>Severe pain, swelling, dysfunction of the affected organs alongwith discharge of pus from external openings.</p> |
| <p>11. Apasmara (Epilepsy)</p> | <p>Attacks of fits of unconsciousness alongwith tremors, twitching of tongue and body frothing from mouth exhasution and fatigue after attack.</p> |
| <p>12. Arocaka (Anorexia)</p> | <p>Loss of appetite alongwith tastes of different type viz. astringent, bitter, acid, sweet or salt.</p> |
| <p>13. Arsa (Piles)</p> | <p>Painful fleshy swelling at anus obstructing passage of gases and faeces, constipation, loss of appetite. If the pile mass bleeds, it is called Raktarsa (bleeding piles)</p> |
| <p>14. Arunsika (Boils in head)</p> | <p>Suppurating boils with many openings.</p> |
| <p>15. Asthi Bhagna (Fructure of bones)</p> | <p>Fracture of bones due to injury.</p> |
| <p>16. Asthila (Enlarged Prostate)</p> | <p>In old age enlarged gland at the root of the penis causes partial obstruction of urine flow.</p> |
| <p>17. Asmari (Stone in bladder)</p> | <p>Severe pain in umblicus, lower abdomen, penis, obstructions of flow of urine, painful urination, at times blood also passes through urine.</p> |

18. Atisara
(Diarrhoea) Frequent loose/watery motions.
19. Balaroga
(Disease of infants and children)
- (a) Atisara
(Diarrhoea)
 - (b) Balapaksaghata (Poliomyelitis) Paralysis of any limb preceded by fever.
 - (c) Chardi
(Vomiting)
 - (d) Dugdha Vaman
(Vomiting of milk)
 - (e) Kasa (cough)
 - (f) Yakritpliha Vridhi
(Enlargement of liver/spleen)
20. Bhagandara
(Fistula) Wound near anus with two openings.
21. Bhrama
(Giddiness) Feeling of unsteadiness and feeling of movement of head.
22. Chardi
(Vomiting) Forceful expulsion of gastric contents.
23. Dadru
(Ringworm) Circular pimples of copper colour on skin with itching.
24. Daha
(Burning sensation) Feeling of excessive burning sensation in body.
25. Danta Harsa
(Sensitive tooth) Discomfort on contact of the affected teeth with cold, rough and sour substance.
26. Danta Sula
(Toothache) Pain in tooth.

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| 27. Dantavesta (Pyrrhoea) | Inflammation of gums leading to pus formation, bleeding, foul smell etc. |
| 28. Dhatukhsays (Neurasthenia) | Weakness, sexual debility, loss of weight. |
| 29. Galaganda (Goitre) | Enlargement of thyroid gland characterised by swelling of front portion of neck. |
| 30. Gandamala (Lymphadenitis) | Enlargement of glands of axilla, neck & groins. |
| 31. Grahani Roga (Sprue) | The patient passes repeated loosed motions with intervals of constipation, flatulence, indigestion, weakness, loss of appetite and loss of weight. |
| 32. Gulma (Abdominal swelling) | Rumbling sound in abdomen, flatulence, distension, constipation, mobile swelling in abdomen. |
| 33. Hikka (Hiccough) | Forceful expulsion of wind from mouth causing hik-hik sound alongwith spasm of muscles of abdomen and chest. |
| 34. Jalodara (Asites) | Enlarged abdomen, everted umblicus, pain in abdomen and signs of fluid in abdomen. |
| 35. Jvara (Fever) | Feeling of warmth and rise in body temperature, pain in body and loss of perspiration. |
| 36. Jvara Granthika (Plague) | Fever with rapid glandular enlargement. |
| 37. Visama Jvara (Malarial fever) | Fever comes at regular interval with feeling of chill and rigor. |

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| 38. Kacchu (Scabies) | Eruption of pimples with itching, suppuration and burning sensation on body. |
| 39. Kamala (Jaundice) | Yellow colouration of eyes, skin, nails and urine. |
| 40. Karna Paka (Ear infection) | Discharge of pus from ear with pain. |
| 41. Karna Sula (Earache) | Pain in ears. |
| 42. Khalitya (Alopecia) | Partial or total loss of hair of head. |
| 43. Krimi (Worm infestation) | Pain in abdomen, loss of appetite, irregular bowel habits, discoloration of skin or tongue. |
| 44. Kustha (Leprosy) | Eruption of patches with loss of sensation, itching, burning pain, ulceration. |
| 45. Masurika (Small pox) | Eruption of size of lentils leading to vesicle formation preceded by high fever, loss of appetite, bodyache, restlessness, etc. |
| 46. Madhumeha (Diabetes mellitus) | Excessive urination alongwith increased appetite, thirst and presence of sugar in urine. |
| 47. Medoroga (Obesity) | Increase of body bulk due to excessive accumulation of fats. The other symptoms being excessive perspiration, hunger and thirst, weakness and difficulty in sexual intercourse. |

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| 48. Mutraghata (Retention of urine) | Accumulation of urine at bladder, but no or scanty micturition. |
| 49. Mutra Kricchra (Dysurea) | Increased frequency of urine accompanied by pain and burning. |
| 50. Napumsakata (Impotency) | Sexual debility. |
| 51. Netraroga (Disease of eye) | Redness and swelling of eyes with pain and discharge. |
| (a) Abhisyanda (Conjunctivitis) | |
| (b) Anjananamika (Stye) | Small soft reddish swelling in the eyelid near hair follicle. |
| (c) Dristidaurbalya (Weak eyesight) | Blurred vision and loss of visual acuteness. The nearby objects may be seen far and far off objects may be seen near. |
| (d) Naktandhya (Night blindness) | Inability to see in night. |
| (e) Pothaki (Trachoma) | Appearance of small red colour papules on conjunctiva of the eyelid with itching, pain and water discharge. |
| (f) Timira (Cataract) | Opacity of the lense, partial or complete leading to loss of vision. |
| 52. Nidranasa (Insomnia) (Anidra) | Disturbed sleep or inability to sleep. |
| 53. Palitya (Grey hair) | Early greying of hairs. |

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| <p>54. Pama (Scabies)</p> | <p>Appearance of pimples with itching and discharge on body specially on hands, buttocks and thigh, etc.</p> |
| <p>55. Parigarbhika (Diseases due to breast-feeding of pregnant lady)</p> | <p>Indigestion, cough, enlarged abdomen etc. of baby who takes milk from pregnant mothers.</p> |
| <p>56. Pandu (Anaemia) (<i>Swetha Pandu</i>)</p> | <p>Loss of appetite, anorexia, fatigue, weakness, loss of weight and lusture, giddiness, etc. and the body looks pale.</p> |
| <p>57. Parinamasula (Duodenal Ulcer)</p> | <p>Colic pain in abdomen three to four hours after meals alongwith burning sensation in abdomen, nausea and vomiting.</p> |
| <p>58. Pinasa (Sinusitis)</p> | <p>Chronic discharge from nose, loss of smell and taste, headache.</p> |
| <p>59. Pradara (Leucorrhoea)</p> | <p>Discharge of thick frothy whitish fluid from female genitalia alongwith bodyache and backache.</p> |
| <p>60. Prameha (Poly urea)</p> | <p>Excessive turbid urination.</p> |
| <p>61. Pratishyaya (Common cold)</p> | <p>Sneezing, nasal discharge, headache with or without fever.</p> |
| <p>62. Pravahika (Dysentery)</p> | <p>Passage of small quantity of stool with mucus (slimmy substances) or blood alongwith griping pain and burning sensation.</p> |

- 63. Rajayaksma**
(Tuberculosis)
Chronic history of low fever, rising in the evening, loss of appetite, weakness, loss of weight and cough with expectoration, some times mixed with blood.
- 64. Raktachapa**
(Hypertension)
Increased blood pressure characterised by restlessness, vertigo and headache.
- 65. Raktapitta**
(Haemorrhagic disease)
A disease characterised by bleeding from external openings of the body and/or subcutaneous bleeding, vomiting, fever, dysnoea, loss of appetite, indigestion, burning sensation, weakness or other symptoms.
- (a) **Nasagata**
Bleeding through nose only.
- (b) **Urdhvaga**
Bleeding through upper channel of the body, eyes, ear, mouth.
- 66. Rakta pradara**
(Metrorrhagia)
Bleeding through female genitalia alongwith weakness, backache, anaemia, etc.
- 67. Siroroga**
(Disease of head)
- (a) **Ardhavabhedaka**
(Hemicrania)
Severe pain in one side of head.
- (b) **Khalitya**
(Alopecia)
Premature falling of hair or baldness.
- (c) **Palitya**
(Grey hair)
Premature greying of hair.

68. Sitapitta
(Urticaria) Appearance of circular swelling all over the body with severe itching.
69. Slipada
(Filariasis) Appearance of painful swelling with fever and chill, which may become hard in due course of time. Lower limbs and scrotum are most commonly affected.
70. Snayuka
(Guinea worm) Due to incomplete extraction of parasite, the limbs become weak.
71. Sotha
(Oedema) Swelling of body, pitting on pressure, weakness discolouration.
72. Sula
(Colic)
(a) Amaja
(Intestinal colic) Severe pain in abdomen which increases after taking food, anorexia, salivation, nausea, vomiting, retension of gases, constipation, bodyache.
- (b) Pittasmarijanya
(Biliary colic) Severe pain in the right side of upper abdomen referred to the back of shoulder, jaundice and fever may also be seen.
- (c) Vrikka
(Renal colic) Severe pain in either side of the lower abdomen referred to genetalia back and thighs, burning sensation during micturition and/or blood may also be seen in urine.
73. Sutika Jvara
(Puerperal fever) Fever after birth of child may be accompanied by backache, rigor, etc.

74. Svasa
(Asthma) Recurrent attacks of difficulty in breathing with cough and expectoration alongwith weakness and sleeplessness.
75. Svitra
(Leucoderma) Appearance of pink, copper or white colour patches on the skin.
76. Svarabheda
(Hoarseness) Hoarseness of voice, burning sensation in the throat, less and slow talk.
77. Trisna
(Excessive thirst)
78. Unmada
(Insanity) Loss of memory, confusion, loss of understanding, abnormal behaviour, incoherent talk, restlessness, unsteadiness.
79. Urahkshata
(Haemetemesis) Severe pain in chest, cough with expectoration, tinged with blood, fever, loss of vitality, appetite, weakness, loose motions.
80. Vata Rakta
(Gout) Pain and swelling of the joints starting from toes, redness, burning sensation of the affected joints, excessive perspiration, discolouration and numbness of the skin.
81. Vata Vyadhi
(Neurological diseases)
- (a) Ardita
(Facial paralysis) Stretching of head to either side of the face and neck towards the normal side, inability to close the eye and show the

teeth of the affected side alongwith trembling of the head, tremor and pain in the neck.

**(b) Gridhrasi
(Sciatica)**

Pain on either side of the lower limbs starting from back and going towards the foot.

**(c) Hanustambha
(Lockjaw)**

Inability to open or close the mouth, difficulty in speech and mastication.

**(d) Katisula
(Lambago)**

Backache and swelling in lower part of the back.

**(e) Krostukasirsa
(Arthritis of
the knee joint)**

Chronic pain with swelling of the size of head of jackal of either of the knee joint.

**(f) Manyastambha
(Torticolis)**

Rigidity and difficulty in movement of the neck.

**(g) Paksaghata
(Paralysis)**

Loss of function-partial or total, numbness and pain on the either or both sides of the body.

**(h) Sandhigata Vata
(Arthritis)**

Pain in one or more joints with mild swelling.

**(i) Vata Kantaka
(Pain of the
ankle)**

Painful swelling of the ankle joint.

**(j) Visvachi
(Brachial
neuralgia)**

Pain in the either of the upper limb starting from shoulder to tip of the fingers.

**82. Vicharchika
(Eczema)**

Allergic erythematous patches with itching, oozing or dry.

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| 83. Vidadhi (Absces) | Painful swelling of any part of the body leading to pus formation. |
| 84. Visarpa (Erysipelas) | Inflammation of the skin with severe pain, pink colour patches with itching. |
| 85. Visphota (Eruption) | Bullous eruptions of the skin with fever, pain in body and joints, loss of appetite, itching, burning sensation and pus formation. |
| 86. Vrana (Ulcer) | |
| 87. Vrana Sotha (Inflammation) | Swelling, tenderness of the affected part and fever. |
| 88. Vrikka Roga (Kidney disease) | Alternation in quantity, frequency and colour of the urine with or without pain. |
| 89. Vrisana Vridhia/ Sotha (Swelling/ inflammation of the scrotum) | |
| 90. Yakritdalyodara/ Plihodara (Enlargement of liver/spleen) | |
| 91. Yakrit Dosa/Pliha Dosa (Disorder of liver and spleen) | |

92. Yonidaha
(Burning of the
female genetalia)

93. Yonikandu
(Itching of the
female genetalia)

94. Yuvana Pidika (Acne) Appearance of nodules on the
face of young people.

